

Ready... Set... GO!  
The triathletes race  
for the ocean, marking  
the beginning of  
the 16th annual  
Admiral's Cup  
Triathlon.



## 101 triathletes try for 16th annual Admiral's Cup

By Kim Upshaw  
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POINT MUGU, Calif. – More than 100 lean and mean competitors plyed the surf, sand and fog Aug. 10 at Naval Base Ventura County Point Mugu for the 16<sup>th</sup> annual Admiral's Cup Triathlon.

As the competitors arrived at the race and dove into the water for short swims to acclimate themselves to the chilly Point Mugu waters, they were greeted by sunshine. But only minutes before the start of the race, the infamous Mugu fog began to roll in at a rapid pace, forcing low visibility swim and bike portions of the race. In some areas, the mist limited visibility to less than 100 meters.

The race, which was supposed to begin at 8 a.m., was held up due to a supposed missile launch. The triathletes waited patiently, swimming gracefully through the water, standing on the beach adjusting wetsuits and swim caps or just visiting with family members who came out to the beach to support them.

Clearance finally came through at 8:30, allowing the race to start, at which time the fog was as thick as soup. Shortly after entering the water, one competitor turned back to the shoreline, saying, "It was just too cold." Less than six minutes had passed when the race leader emerged from the water. Bob Jones, of Los Angeles, finished second at this event last year. Determined not to let history repeat itself, he had a good lead over the other swimmers who followed shortly behind him as he finished the 400-meter swim and ran to the transition area where he quickly mounted his bike and started the 10-mile portion of the race.

Jones never lost his lead as he flew through the bike course, being clocked at more than 30mph. As Jones entered the dismount area, he quickly removed his bike gear and turned to head out for the 3-mile run, never missing a beat. He finished the race in 50:02.

"The out and back run is designed so that the athletes can see each other throughout the race," said Kent Blankenship, recreation director for Naval Base Ventura County Morale, Welfare and Recreation. "Because of the competitiveness that it adds to the race, it is much more effective to run the race this way. There are other benefits as well," he said. "Safety wise, it helps to eliminate the amount of time that bikes and runners are on the road together. It becomes more spectator friendly since they have to run by the transition area twice, allowing for spectators to see more of the race."

The Admiral's Cup Triathlon is held on Point Mugu every August. For more information on this and other athletic programs aboard NBVC, contact Kent Blankenship at (805) 989-7940.



Eleven-year-old Michael Crowley sprints across the sand after completing the 400-meter swim event. Crowley is no stranger to this style of racing; he competed in the Admiral's Cup Dualathlon in March. The youngest triathlete in the race, Crowley finished third in his class (17 and under) with a time of 1:32:42.

Triathlete Laurie Singer mounts her cycle just after transitioning from the swim. Singer was the first finisher in the 40-44 female category.



Triathletes Bryce Weissert, left and Rob Ziegler run through the Point Mugu RV park for the three-mile run portion of the race.



Bob Jones and Anissa Seguin were the top overall finishers in the Admiral's Cup triathlon held Aug. 10 at Naval Base Ventura County Point Mugu. Jones, in the males 30-34 division, finished with a time of 50:02. Seguin, finished with a time of 54:08 in the women's 30-34 division.